

THE 50+ Connection

NEWS and EVENTS from the
Howard County Office on Aging and Independence

Department of Community Resources and Services

Volume 6, No. 7 • July 2016

A Message from

Phyllis Madachy

Director, Department of
Community Resources and Services



For over 40 years the Department of Citizen Services has served as Howard County's human service agency. Many residents have come to know us through our Offices of Aging, Consumer Affairs, and Children's Services. Beginning July 1, the County Executive will make it easier for you to find what you need at the newly named **Department of Community Resources and Services**, or DCRS.

The new DCRS has expanded from three to seven offices, which are easier to locate and will reach more people. All offices share the same core values: to serve multiple generations, tailor services to different cultural values, and promote full inclusion for individuals with disabilities.

For instance, if you need to find a certified child care provider, contact the Office of Children and Families. If you want to know your tenant rights or avoid scams, the Office of Consumer Protection can help. If you are an older adult or an adult age 18 or older with a disability who wants to remain independent in the community, the Office on Aging and Independence staff can show you ways to make that happen.

Of the four new offices, the Office of Veterans and Military Families will focus services on the more than 20,000 veterans who call Howard County home, while the Office of ADA Coordination will reach out to those with disabilities to reduce barriers to full community inclusion, as set forth in the Americans with Disabilities Act.

When you walk through any of the doors in Community Resources and Services, it is our goal to help you find just what you need to flourish in Howard County.

The Office of Community Partnerships will channel county, state and federal funds to non-profit organizations so they can work together to address the needs of our most vulnerable residents, and a new Local Children's Board office will develop policies and resources so children can thrive in their educational journey.

That's a lot of change, but luckily, you don't have to remember it all, because of our unique "no wrong door" approach. When you walk through any of the doors in Community Resources and Services, it is our goal to help you find just what you need to flourish in Howard County.

Name Changes Support No Wrong Door Approach

The Department of Community Resources and Services (DCRS) represents much more than just a new name for the former Department of Citizen Services. With its expanded reach and new offices, the department's reorganization will make it easier for Howard County residents to find services and get connected to the programs they need to thrive in our community.

The existing three offices — Aging, Consumer Affairs and Children's Services — will also adopt new names and four additional offices will be added, providing vital human services which are more relevant to Howard County as it is today, and to anticipate residents' future needs. These include the Offices of ADA Coordination, Aging and Independence, Children and Families, Community Partnerships, Consumer Protection, Local Children's Board, and Veterans and Military Families.

"By adopting new names and adding new offices, we want to make it clear that DCRS serves multiple generations, tailors services to different cultural values, and promotes full inclusion for individuals with disabilities," said DCRS Director Phyllis Madachy. "Our office administrators and staff have embraced these changes as an opportunity to identify and reach out to those who need their services."

"Changing our name to the Office on Aging and Independence reflects our continuing commitment to offer a No Wrong Door approach to clients in the community, and brings to the forefront our desire for citizens to remain independent for as long as possible," said Administrator Starr Sowers. A "no wrong door" approach means that regardless of which DCRS office you contact, you will find the programs and services you need to thrive in Howard County.

"A no-wrong door approach will improve the delivery of human services to those who need help, particularly those dealing with complex issues that involve multiple agencies," said County Executive Allan Kittleman earlier this year. "When agencies take a collaborative approach, it means that people won't have to spend an entire day going from place to place to get support."

"No wrong door is about paying attention to our clients, listening deeply to the reasons they first contacted us," said Madachy. For instance, if you are a veteran with a family and young children, you might call the Office of Children and Families. Upon learning that you are a veteran, they will ask if you would like to explore veteran's services through the Office of Veterans and Military Families. Or, if you are over age 50 and call our Office of Aging and Independence because you are in danger of losing your home due to financial problems, you might be linked with non-profit agencies in the community that have eviction prevention services.

Our goal is to make it easier for people to find vital human services and programs through our offices, or be connected to other community resources. When you are looking for something to make your life better, visit the Howard County Department of Community Resources and Services at www.howardcountymd.gov/communityresources.

Effective
July 1, 2016



Howard County residents will now be able to more easily access needed services, programs and information at the newly named Department of Community Resources and Services (DCRS).

The seven newly expanded offices of the DCRS share the same core values:

- to serve multiple generations;
- tailor services to different cultural values;
- promote full inclusion for individuals with disabilities

These newly named original offices include:

- **Aging and Independence** (formerly Aging)
- **Consumer Protection** (formerly Consumer Affairs)
- **Children and Families** (formerly Children's Services)

The addition of the following offices provide expanded outreach to the community and streamline internal operations:

- **Veterans and Military Families**
- **Community Partnerships**
- **Local Children's Board**
- **ADA Coordination**

Supporting Boards & Commissions create higher visibility for the work of community volunteers:

- **Commission on Disability Issues**
- **Commission for Women's Issues**
- **Commission on Aging**
- **Local Children's Board**
- **Board to Promote Self Sufficiency**

• NEW NAME:

Consumer Protection Advisory Board

• NEW COMMISSION:

Veterans and Military Families

In Howard County, there is no wrong door when serving our community.

Tips to Avoid Investment Scams

From emails promising huge sums of money, to callers offering too good to be true investments, scammers promise to make you money, while taking your money.

There's No Such Thing as a "Free Lunch" and many scammers lure their victims with invitations to free luncheons where they pitch fraudulent investments. Swindlers like this promise high returns on your investments, which do not exist, and they will never be seen again once they've gotten hold of your money.

Beware of cold calls. Scammers often try to build friendships by not being too aggressive and calling often. Once they feel like they've earned your trust, they will go after your money. At that point, they *will* disappear.

Make sure the seller is licensed and in good standing by contacting the Securities Division of the Maryland Attorney General's Office online at www.oag.state.md.us/securities or by phone at 410-576-6360. Also, visit the US Securities and Exchange Commission's website at www.investor.gov.

Don't be pressured into making an immediate decision on an investment, especially one you don't understand. Don't make a commitment until you feel comfortable with the investment professional as well as the investment.

Insist on receiving a prospectus or printed materials and read them. If you have questions, ask your accountant and/or financial adviser to explain the investment. Also insist on receiving regular statements and monitor the activity on your account. Never be embarrassed to ask questions about trading activity that looks excessive or unauthorized.

Remember that all investments involve risk. No one can guarantee any kind of return, especially a high return. If you are promised or guaranteed earnings or profits of 25%, 50% (or more), these are VERY empty promises.

Don't throw good money after bad. Con artists know the panic people feel after a sudden financial loss. Be on guard for offers to help you recover lost funds with another "sure thing" scheme.

For more information on this and other consumer topics, or to obtain this information in an alternative format, contact the Office of Consumer Protection at consumer@howardcountymd.gov or by calling 410-313-6420 (voice/relay).



The 50+ Connection is published monthly by the Howard County Office on Aging and Independence.

This publication is available in alternate formats upon request. To join our subscriber list, email kahenry@howardcountymd.gov

6751 Columbia Gateway Dr., Columbia, MD 21046
410-313-6410 (VOICE/RELAY) • www.howardcountymd.gov/aging

Find us on  www.Facebook.com/HoCoCitizen

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Quality of life services for older adults, their families, caregivers, and adults with disabilities.

Maryland Access Point

SAME GREAT SERVICES WITH A
NEW LOCAL PHONE NUMBER

410-313-1234

- Caregiver Support
- Long Term Supports Planning
- Medicare Counseling
- Guardianship/Ombudsman
- Home Modification/Repair
- 50+ Centers
- Social Day Programs
- Wellness Programs

VOICE/RELAY

844.627.5465

or 844-MAP-LINK

SAME TOLL FREE NUMBER

Contact us today!



Howard County



Howard County Office on
Aging and Independence

MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES

www.howardcountymd.gov/aging



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LOW-IMPACT EXERCISE PROGRAM

- Low-impact physical activity program proven to reduce pain and decrease stiffness
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Tuesdays • 9:30 a.m.

Thursdays • 10:45 a.m.

Bain 50+ Center

5470 Ruth Keeton Way, Columbia 21044

Contact Jennifer Lee

410-313-5940 (VOICE/RELAY)

jlee@howardcountymd.gov



Howard County Office on
Aging and Independence

START LIVING WELL TODAY!



Howard County Office on
Aging and Independence

Living Well with Diabetes

Chronic conditions **CAN** be managed with
our 6-week **LIVING WELL** program!

**Medical Pavilion at Howard County
Wellness Center, Roxbury Mills**

TUESDAYS • 6:00 - 8:30 PM

July 5, 12, 19, 26 AND August 2, 9

\$28 includes 15 hours of workshop and all materials

TOPICS COVERED:

- Techniques to Handle Pain, Fatigue, Frustration and Isolation
- Maintaining a Balanced Blood Sugar
- Nutrition & Healthy Eating
- Appropriate Exercise
- Communication Skills
- Stress Management
- Skin and Foot Care
- Glucose Monitoring
- Goal Setting



To register, request accommodations, or
for more information, contact:

WENDY FARTHING

wfartthing@howardcountymd.gov

410-313-3506 (VOICE/RELAY)

www.howardcountymd.gov/livingwell

SENIOR DAY AT THE FAIR

Howard County Fair 2016

FREE ADMISSION for ADULTS 62+
Tuesday, August 9 • 10 am - 3 pm

Visit the Activities Building for:

- Healthy Aging Programs • Entertainment
- Exhibits • Bingo • Games and Prizes
- Helpful Information • Demonstrations

Mark your calendar!

50+EXPO 2016

**Monday,
October 31
9 am - 4 pm**



Howard County Office on

Aging and Independence

www.howardcountymd.gov/aging

Howard County 50+ Centers CALENDAR HIGHLIGHTS

Go to www.howardcountymd.gov/50pluscenters for a complete list of events, programs and services.

JULY

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Bain 50+ Center

Thursdays, July 21 - August 25 • 2:30 to 4 p.m. — SENIORSTOGETHER BEREAVEMENT GROUP

If you are mourning the loss of a loved one, join us to explore life beyond grief. Nominal fee. Register with Karen Hull 410-313-7466 by July 19.

Fridays, July 8, 15, August 5, 12, 19 • 9:30 to 11:30 a.m. — THE ELECTORAL COLLEGE: THEN AND NOW DOES IT STILL NEED TO BE USED?

In this Continuing Education Summer Series, Professor Patrick Helene focuses on the 2016 Presidential Election. Bring a bag lunch; coffee and tea will be provided. \$43. Space is limited, register at the front desk.

Tuesday, July 12 • 11 a.m. to 2 p.m. — OMEGA PHI PSI'S CONNECTING WITH THE COMMUNITY PARTY

Meet the Omega Psi Phi Fraternity, enjoy live music, and a chance to win some great door prizes. Lunch available for a nominal fee. FREE. Register at 410-313-7213 by July 5.

Wed., July 20 • 10 to 11 a.m. — INTRO TO AROMATHERAPY

Learn how the ancient art of aromatherapy can benefit your mind, body and spirit and how to safely use essential oils to alleviate pain and stress. FREE. Space is limited, register at the front desk.

East Columbia 50+ Center

Wed., July 6 • 11 a.m. to noon — NUTS & BOLTS OF ESTATE PLANNING

How do you plan to financially retire? Learn what you can gift and how to preserve your family's legacy with attorney Andre O. McDonald. FREE.

Wed., July 6 • 1 to 2 p.m. — STAY IN TOUCH ELECTRONICALLY

Learn to communicate with Facebook, Skype, Messenger and which email messages you should never open. The Girl Scouts will assist you; bring your tablet, laptop or phone for individual attention. FREE.

Wed., July 27 • 12:30 to 2 p.m. — SUMMER BREEZE ICE CREAM SOCIAL

Celebrate our new freezer! Cool down with a few games and some ice cream. Cost: donation to ice cream fund.

Ellicott City 50+ Center

Thursday, July 7 • 1 p.m. — MEET AUTHOR HEBER BOULAND

Heber Bouland's eyewitness account of the Great Depression "The Last Trolley Stop" gives a candid and honest examination of a pivotal time in American history. FREE.

Thursday, July 14 • 1 p.m. — MARY KAY BEAUTY DAY

Pamper yourself while learning beauty tips & tricks from an expert! Join Gina for a fun filled make-up lesson. FREE.

Tuesday, July 19 • 1 p.m. — BALTIMORE MUSEUM OF INDUSTRY: RADIO IN BALTIMORE

The history of radio broadcasting in Baltimore from the 1920's through the 60's and beyond. Ed Hawkins presents this intriguing history, including personal stories from his time at WITH radio. FREE.

Thursday, July 21 • 12:30 p.m. — ROUNDHOUSE RAMBLERS

This 3-piece string band plays oldies but goodies, cha-chas, polkas, waltzes, tangos, classic country and more. They once performed music on the railroad passenger excursion trains over the former B & O Railroad. FREE.

Elkridge 50+ Center

Friday, July 1 • 10:30 a.m. to 1:30 p.m. — INDEPENDENCE DAY CELEBRATION

Enjoy our delicious salad bar with all of your favorite toppings, games and homemade ice cream treats. Donations accepted.

Thursday, July 7 • 10 - 11 a.m. — NUTRITION TIPS WITH RONA

Get healthy nutrition advice from Rona Martiyan, our certified nutrition expert. Enjoy a healthy snack and great conversation. FREE.

Glenwood 50+ Center

Friday, July 22 • Noon — ANNUAL CRABCAKE LUNCHEON

Lunch includes a large, homemade crabcake sandwich and fixings, coleslaw, chips and dessert. \$15/person; carryout option is available.

Fridays, July 8, 15, 22 • 10 a.m. — HISTORY OF ADVERTISING

Join Barbara Blumberg to learn about the history of advertising and 15 ads that changed the way we live (i.e., who became the first corporate face, when Michael Jordan became the face of Nike®, and more). FREE.

Thursday, July 14 • 10 a.m. — GENEALOGY

Dottie Aleshire continues her monthly series with "Five Ways to Recharge Your Family Reunion." FREE.

Monday, July 11 and Thursday, July 14 • 11 a.m. — HISTORY OF BROADWAY

Steve Freidman presents, "Best Musical Revivals Ever" on July 11 and "The British Invasion" July 14. History and entertainment together! FREE.

North Laurel 50+ Center

Monday, July 11 • 1 to 2 p.m. —

TALKIN' BROADWAY: MUSICAL MILESTONES

Follow the evolution of Broadway's rich history through discussion and live song presentations. Call 410-313-0380 to reserve a seat. FREE.

Tuesdays/Thursdays (ongoing) • 11:15 a.m. to noon — FAB FUSION EXERCISE CLASS

This class includes light cardio and strength routines to increase range of motion, balance and flexibility; includes seated exercises and use of bands/weights. \$48 for 8 classes. Call 410-313-0380 for current schedule.

Wed., July 27 • 11 a.m. to 1 p.m. —

INDEPENDENCE DAY CELEBRATION

Join us for a summer grill out with live classic rock music by Pet Rock. \$3 plus lunch contribution for those 60+. More information: 410-313-0380.



Share the ❤️ of Your 4-legged Friend

2016 PET EVALUATIONS AT 7:00 PM ON:

July 7 • Aug 4 • Sept 1 • Oct 6 • Nov 10 • Dec 1

Bain 50+ Center, 5470 Ruth Keeton Way, Columbia 21044

Ingrid Gleysteen PROGRAM COORDINATOR

PHONE 410-313-7461 (voice/relay)

EMAIL igleysteen@howardcountymd.gov

To request accommodations to participate, contact the 50+ Center hosting the event one week in advance.